



Fort Riley Post

Father, son graduate

Family takes advantage of post education opportunities

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Thursday, January 11, 2007

Home of the Big Red One

Vol. 50, No. 2

Post, Army news briefly

Holiday closings announced

In honor of Dr. Martin Luther King, Jr., the following Morale, Welfare and Recreation facilities will have altered hours:

Facilities closed on Jan. 12: Soldier and Family Support Center

Facilities closed on Jan. 14: Automotive Skills Center

Facilities closed on Jan. 15: Arts & Crafts Center

Bowling Alley

Child Development Center

Child and Youth Services

Directorate of Morale, Welfare and Recreation

Information, Ticketing and Registration

Long Pool

Riley's Conference Center

School Age Services

Soldier and Family Support Centers

Teen Center

Facilities closed on Jan. 16: Outdoor Recreation Center

Special Ops recruiters on post

The Special Operations Recruiting Battalion at Fort Bragg, North Carolina is accepting applications for the Army Special Operations Forces Board (ARSOFB). Male and Female Commissioned Officers in Year Group 2004 are encouraged to apply as soon as possible for Psychological Operations, Civil Affairs, or Special Forces. Briefings will be conducted at the Wainwright Auditorium Jan. 11 at 11:30 a.m. and 4 p.m. For more information visit <http://www.bragg.army.mil/SORFB/>.

'Blackhorse' reunion slated

The 11th Armored Cavalry Regiment will hold a reunion June 14-17. All former and current Blackhorse Troopers are invited to attend the event hosted by the Border Legion, Blackhorse Association.

The event will be held at the Williamsburg Hospitality House, 415 Richmond Highway, Williamsburg, Va. 23185.

For more information, contact Glenn Snodgrass at (703) 250-3064, ggs25@cox.net, or visit www.11thacr.org.

Stay 'In Step' with Fort Riley

See what's happening on Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV, Channel 13.

Planned for this week's show, which runs on WIBW TV Jan. 13 and on the post's cable channel 2 Jan. 15-21, are:

- 3rd Brigade conversion fast forward
- Morris Hill Elementary Body Walk
- Interview with Dr. Rodriguez about post educational opportunities
- 2006 Army-wide news year in review
- "Army Strong" year in review
- 300th MPs redeployment ceremony

Hanging on

'Rangers' use course to assess skills

By 1st Lt. Richard Eichbauer
2nd Bn., 16th Inf.

Looking like a child's playground turned into a nightmare, 2nd Battalion, 16th Infantry's Physical Fitness Training Cluster boasts climbing ropes, caving ladders, scaling walls and nets, pull-up bars, dip bars and aids for sit-ups.

The structure stands on Custer Hill near the headquarters for the "Rangers" of the 4th Infantry Brigade Combat Team and the Soldiers who perform the Ranger Physical Aptitude Course with the aid of the PFTC. The "Rangers" use the PFTC as part of their RPAC, a tougher challenge than the Army's Physical Readiness Test.

More than an obstacle course

The RPAC is not an obstacle course. It's not a confidence course. It's a series of combat-related events a "Ranger" is challenged to complete in a set amount of time. Some Soldiers are just happy to complete the course at all.

"Rangers" who have faced the challenge attest that the course can be completed in the set time, but it takes a lot of intestinal fortitude. Anyone who completes the RPAC can be confident of successfully meeting similar challenges and obstacles when they go into combat, said "Ranger" Commander Lt. Col. Ralph Kauzlarich.

"Rangers" don't wear the Army's physical fitness uniform when taking the RPAC. They wear a combat uniform — BDUs or ACUs with Interceptor Body Armor and plates fit the criteria. Boots replace running shoes and a Soldier's protective Kevlar headgear completes the uniform.

The course begins with a 3-mile run

See RPAC, Page 9



2nd Bn., 16th Inf.
Capt. Greg Escobar, commander, Co. C, 2nd Bn., 16th Inf., makes his way down a caving ladder at the Physical Fitness Training Cluster across from the "Rangers" headquarters on Custer Hill.

Service honors TT Soldiers

Staff report

A memorial service for two transition team Soldiers was held Jan. 4 at Fort Riley. The Soldiers, Capt. Hayes Clayton, 29, and Sgt 1st Class Dexter Wheelous, 37, died as a result of an improvised explosive device attack Dec. 25, 2006 in Baghdad, Iraq.

"Their lives were devoted to their families, committed to duty, driven by honor and bound by their oath," said 1st Brigade Command Sgt. Maj. Peter Burrowes, during the tribute to the Soldiers.

"They arrived here at Fort Riley for training much like the other transition team members, unsure of the unknown but full of confidence and energy, knowing that whatever the mission they would answer the call," he continued. "They knew the dangers they would face and still they said, 'I will go.'"

Col. Jeffrey Ingram, 1st Brigade commander, expressed his condolences to the Soldiers' families during the service. What the two Soldiers were doing, fighting to help people in another country have better lives, is the absolute best definition of selfless service, Ingram told those gathered.

"Their memory will never die because their bravery and courage will thrive in their family, in their friends and every transition (team) member that follows them," Burrowes said.



PIO/Baker
Two Soldiers pay their respects during the memorial service Jan. 4 at Camp Funston for two transition team Soldiers killed in Iraq Dec. 25.

Both Soldiers were assigned to the 842nd Military Transition Team, 1st Brigade Combat Team, 1st Infantry Division at Fort Riley. Clayton was originally from Fort Valley, Ga. He entered the Army in June 2002 and worked as a logistics officer before being assigned to the transition team mission at Fort Riley in July 2006. This was Clayton's first combat deployment.

Wheelous was originally from Winder, Ga. He entered the Army August 1987 and worked as a recruiter before being assigned to

the transition team mission at Fort Riley in July 2006. This was Wheelous's first combat deployment.

Approximately 480 transition team Soldiers from Fort Riley are currently deployed in support of operations around the world. This incident brings the number of Fort Riley Soldiers who have died while serving in support of Operation Iraqi Freedom to 81, including 11 from reserve component units mobilized through Fort Riley.

Schedule announced for tax statement release

AFPS

WASHINGTON, Dec. 11, 2006 — Servicemembers, military retirees and annuitants, and federal civilian employees paid by the Defense Finance and Accounting Service could have received their 2006 tax statements as early as mid-December, DFAS officials have announced. DFAS customers with access to the secure, Web-based "myPay" system will be able to retrieve their tax statements electronically up to two weeks sooner than those relying on regular mail delivery, officials said.

The myPay system includes layers of defense against identity theft, officials noted, adding that its technology meets or exceeds security requirements in private industry worldwide. "Tax statements are available online, allowing customers to view and print W-2s and 1099Rs. Whether anyone needs the statements to complete taxes or just want an extra copy for their records, the tax statements can be accessed and printed at any time," Patrick Shine, DFAS operations director, said. "The printable statements are approved by the Internal Revenue Service."

Here are projected distribution dates for DFAS customers' tax statements:

— Retiree Annual State-

ment: Available on myPay Dec. 9, mailed via U.S. Postal Service Dec. 16-31;

— Retiree 1099R: Available on myPay Dec. 15, mailed Dec. 16-31;

— Annuitant Account Statement: Available on myPay Dec. 18, mailed Dec. 19-31;

— Annuitant 1099R: Available on myPay Dec. 18, mailed Dec. 19-31;

— VSI/SSB W-2: Not available on myPay, mailed Jan. 4-5;

— Active Duty Air Force, Army, Navy W-2: Available on myPay Jan. 22, mailed Jan. 23-29;

— Reserve Air Force, Army, Navy W-2: Available on myPay Jan. 2, mailed Jan. 5-8;

— Marine Corps active and reserve W-2: Available on myPay Jan. 5, mailed Jan. 9-10;

— Civilian employee W-2: Available on myPay Jan. 9, mailed Jan. 11-18;

— Savings Deposit Program 1091NT: Available on myPay Jan. 19, mailed Jan. 19-20; and

— Vendor Pay 1099: Not available on myPay, mailed Jan. 27-31.

Shine added that current myPay account holders can eliminate the costs associated with generating and distributing the tax statements immediately by signing up and using myPay. A personal identification number,

See Statements, Page 9





Post, Army news briefly

\$1000 reward offered by CID

The United States Army Criminal Investigation Command is offering a \$1,000 reward for information leading to the identification, apprehension, and conviction of the person(s) responsible for the armed robbery, by three unknown black males, wearing white shoes, black trousers and black hooded sweatshirts. One of the suspected individual(s) had a tattoo on his right forearm of a word written in old English lettering, beginning or ending with the letter "M." The robbery occurred between 6 and 6:40 p.m., Nov. 5, 2006, at the intersection of Jackson and Beauregard Streets on Fort Riley.

Tax Center offers services

The Fort Riley Tax Center will once again offer free income tax preparation to Soldiers, their family members, and retirees. The Tax Center will help prepare and e-file federal tax returns and will also assist in preparing state returns. Persons wishing to file should bring proof of identification including social security cards for all family members along with any tax forms and a copy of last year's return.

The Fort Riley Tax Center will open Jan. 16 and is located in building 7434B, directly across from the bowling alley on Custer Hill. Hours of operation are 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturday. Call 239-1040 for more information or an appointment.

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Identity theft

continued from page 1

unauthorized use of the sergeant's Mastercard credit/debit card.

She was involved in a traffic accident while making unauthorized use of the sergeant's car. When insurance refused to pay, Hendry had the truck repaired and paid for it using the sergeant's account. She lived in the sergeant's house while representing to the sergeant that she was living in her own house.

She stole the sergeant's ATM/debit card when it arrived in the mail and made unauthorized use of it by representing herself to be the sergeant. She also wrote

unauthorized checks to herself and her husband, as well as to Junction City area restaurants and businesses.

Hendry pleaded guilty in April 2006 to two counts of theft and one count of making unauthorized use of a bank card.

The Army Criminal Investigation Command prepared the case. Assistant U.S. Attorney Greg Hough prosecuted.

Editor's note: This article first appeared in The Daily Union, Junction City, Kan., on Dec. 14.

POA: Great tool but can be abused

Matthew S. Shelton
Legal Assistance

A power of attorney given to a trusted friend or family member is one of the best tools available to manage a Soldier's affairs during deployment. With a power of attorney, a Soldier can authorize others to pay bills, register vehicles, attend to investments, and

file taxes in the Soldier's absence.

Unfortunately, powers of attorney can also be abused. Unscrupulous people given powers of attorney use them to clean out bank accounts, receive and spend tax refunds and sell Soldiers' property.

To avoid problems with powers of attorney, only give them to your most trusted family or friends. Also,

only use powers of attorney if absolutely necessary. For instance, finances can be managed through automatic bill pay or Internet banking. Finally, remember that powers of attorney can be revoked at any time.

For questions about powers of attorney contact the Legal Assistance Office at 239-3117, or stop by Room 106, Building 200.



Staffers visit transition team training

Above: Senate Committee on Armed Services professional staff members observed training of military transition teams Jan. 4 at Fort Riley.

Right: A Soldier role playing as an insurgent is captured after transition team members conducted a raid Jan. 4 in the urban cluster of Surdash on Fort Riley. The transition team training was just one of the activities the staff members from the Senate Committee on Armed Services observed during their visit Jan. 4.

Photos: DISCOM/Merritt



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Training support brigades reflag to reflect mission

By Phil Manson

Fort Gillem, Ga. — Reflecting First Army's expanded mission to prepare Reserve and Army National Guard Soldiers for battle from coast to coast and to strengthen the historical ties among all units under First Army command, all 16 First Army brigades will case their old colors and reflag as separate combat arms brigades Dec. 1.

According to Col. George Reynolds, deputy chief of staff, G-5, First Army, the reflagging of the brigades will also lessen the ambiguity among the various brigades as well.

"Since the five training support divisions (75th, 78th, 85th, 87th and 91st) have reflagged and become First Army East and First Army West," Reynolds explained, "it made sense to reflag their brigades because the divisions are no longer numbered."

Eddie Duke, a management analyst also in G-5 who is the First Army expert on the reflagging, explained the process.

Under the First Army transformation, our Reserve Component Training Support Divisions (RCTSD) were reflagged themselves as First Army East, headquartered at Fort Meade, Md., and First Army West, headquartered at Fort Carson, Colo., Duke said. "Because the numerical designations of the RCTSDs are no longer used, the numbered divi-

sional brigades will become separate brigades and need to be reflagged.

"A request was staffed and approved through Forces Command, the Department of the Army and The Institute of Heraldry in Washington, D.C., asking that the brigades be reflagged as combat arms brigades.

"As an example, the brigade formerly known as the 2nd Brigade, 75th Division (Training Support), headquartered at Fort Sam Houston, Texas, will be reflagged as the 120th Infantry Brigade. The 120th will also carry the lineage and honors associated with the separate brigade. However, the Soldiers will wear the First Army patch on their left shoulder."

Units reflagged

The specific units and their new designations are as follows:

2nd Brigade, 75th Division (TS) to reflag as the 120th Infantry Brigade, Fort Sam Houston, Texas.

3rd Brigade, 75th Division (TS) to reflag as the 160th Aviation Brigade, Fort Riley, Kan.

4th Brigade, 75th Division (TS) to reflag as the 479th Field Artillery Brigade, Fort Sill, Okla.

2nd Brigade, 78th Division (TS) to reflag as the 174th Infantry Brigade, Fort Drum, N.Y.

4th Brigade, 78th Division (TS) to reflag as the 189th Infantry Brigade, Fort Bragg,

N.C.

5th Brigade, 78th Division (TS) to reflag as the 72nd Field Artillery Brigade, Fort Meade, Md.

2nd Brigade, 85th Division (TS) to reflag as the 181st Infantry Brigade, Fort McCoy, Wis.

3rd Brigade, 85th Division (TS) to reflag as the 205th Infantry Brigade, Indianapolis, Ind.

4th Brigade, 85th Division (TS) to reflag as the 4th Cavalry Brigade, Fort Knox, Ky.

2nd Brigade, 87th Division (TS) to reflag as the 158th Infantry Brigade, Patrick Air Force Base, Fla.

3rd Brigade, 87th Division (TS) to reflag as the 177th Armored Brigade, Camp Shelby, Miss.

4th Brigade, 87th Division (TS) to reflag as the 188th Infantry Brigade, Fort Stewart, Ga.

5th Brigade, 87th Division (TS) to reflag as the 157th Infantry Brigade, Fort Jackson, S.C.

2nd Brigade, 91st Division (TS) to reflag as the 5th Armored Brigade, Fort Carson, Colo.

3rd Brigade, 91st Division (TS) to reflag as the 402nd Field Artillery Brigade, Travis Air Force Base, Calif.

4th Brigade, 91st Division (TS) to reflag as the 191st Infantry Brigade, Fort Lewis, Wash.

166th Aviation Bde. activates

Staff report

The unit designation may have changed, but the mission will not, said Col. James M. Marye, commander of the 166th Aviation Brigade Dec. 21.

A few minutes earlier, Marye and Command Sgt. Maj. Terry Young had cased the colors of the 3rd Brigade, 75th Division (Training Support), and uncased the colors of the 166th Avn. Bde. as part of a reflagging ceremony that inactivated the 3rd Bde. and activated the 166th in its place.

The continuing mission includes training mobilized combat and combat service support units of the nation's reserve component forces, he said.

Mobilized in support of Operation Enduring Freedom, the 3rd Bde. trained more than 23,000 troops in the past three years.

The 166th Avn. Bde. was constituted in 1988 as part of the U.S. Army Reserve as Headquarters and Headquarters Company, 166th Aviation Group. It was activated Sept. 16, 1990, in Germany, where it served until June 15, 1997.

It activated again Oct. 2 of that year at Fort Riley as the 166th Avn. Bde. that became the 3rd Bde., 75th Div. (TS).



Post photo

Command Sgt. Maj. Terry Young and Col. James M. Marye, commander of the 166th Avn. Bde., case the 3rd Bde., 75th Div. (TS) colors Dec. 21.

Returning to its original unit designation at Fort Riley, the 166th Avn. Bde. will provide training and mobilization assistance to Army National Guard and Army Reserve units in Kansas, Nebraska, Iowa and Missouri, as well as aviation units throughout the First U.S. Army

area of responsibility.

It also will provide military support to civil authorities and a response task force cell supporting the weapons of mass destruction mission within the Federal Emergency Management Agency Region VII and its headquarters in Kansas City, Mo.

HERO Act expands IRA eligibility for deployed servicemembers

U.S. Army Europe

WASHINGTON (Army News Service) — Servicemembers and their families tend to have a few more rules to master than the average American when it comes to tax time.

Which allowances are taxable? Are they qualified for a combat-zone tax exemption, and if so, for how much of their income?

What about a re-enlistment bonus earned while deployed but not paid until redeployment — is it taxable?

This tax season, another question will likely be high on a Soldier's list: What is the HERO Act, and how can it work for me?

The answer, according to the Internal Revenue Service, is that members of the military serving in Iraq, Afghanistan and other combat zones can now put money

into an individual retirement account, even if they received tax-free combat pay.

Under the Heroes Earned Retirement Opportunities Act signed into law on Memorial Day, servicemembers can now count tax-free combat pay when determining whether they qualify to contribute to either a Roth or traditional IRA. Before this change, military members whose earnings came entirely from tax-free combat pay were generally barred from using IRAs to save for retirement.

"The HERO act is one more way to let our fighting forces in combat areas know that we support them," said IRS Commissioner Mark W. Everson. "This is a good way for people serving in

combat zones to save more of their earnings for retirement."

Additionally, the HERO Act allows servicemembers who received tax-free combat pay in either 2004 or 2005 to go back and make IRA contributions for those years. Those eligible have until May 28, 2009, to make these retroactive contributions.

For those under 50, the IRA contribution limit was \$3,000 for 2004 and \$4,000 for 2005. For

those 50 and over, the limit was \$3,500 for 2004 and \$4,500 for 2005. For 2006, the IRA contribution limit is \$4,000 for those under age 50 and \$5,000 for those 50 and older.

Roth IRA contributions are not

deductible, but distributions, usually after retirement, are normally tax-free. Income limits and other special rules apply. Contributions to a traditional IRA are often, though not always, deductible and distributions are generally taxable.

Deductible or not, contributions to a traditional IRA must be reported on the return for the year made. Deductible contributions are claimed on Form 1040, 1040A or 1040NR. Nondeductible contributions are reported on Form 8606, which is normally attached

to one of these individual return forms.

If a return has already been filed for a particular year, contributions should be reported on an amended return, Form 1040x. Depending on circumstances, military personnel who choose to put money into a traditional IRA for 2004 or 2005 may qualify for additional tax refunds.

Editor's note: Some information for this article was drawn from Internal Revenue Service press releases.

More information

For tax tips and more information on issues affecting unformed taxpayers, go to www.irs.gov and enter the keyword "military" in the search field.

those 50 and over, the limit was

\$3,500 for 2004 and \$4,500 for 2005. For 2006, the IRA contribution limit is \$4,000 for those under age 50 and \$5,000 for those 50 and older.

Roth IRA contributions are not

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Courtesy photo
Maj. Robert Ruskiewicz pins a medal on 1st Lt. Kevin Jones during the "Wardawgs" award ceremony in December at Cavalry Parade Field.

MPs earn medals

300th MP Co.

On a chilly December morning the "Wardawgs" of the 300th Military Police Company gathered with approximately 100 family members and friends on Cavalry Parade Field at Fort Riley to recognize the Soldiers' accomplishments after returning from a nearly one-year deployment to Iraq. The company was deployed to the Al Anbar Province in support of the 2nd Marine Expeditionary Force and charged with training future Iraqi police officers within the province.

During the ceremony, 11 valorous medals were awarded: one Silver Star, one Bronze Star with "V" device, five Army Commendation Medals with "V" device and four Purple Hearts. The Silver Star was awarded to medic Cpl. Clinton Warrick for gallantry despite having severe third-degree burns over 45 percent of his body. Warrick, who is hospitalized at Brooke Army Medical Center,

will be officially awarded his Silver Star at BAMC at a later date by members of his chain of command.

All of the valorous medals stemmed from actions on Sept. 18, 2006, when the Al Huriya Iraqi police station was struck with a vehicle-borne improvised explosive device.

The remainder of the company was recognized with numerous service medals to include 22 Bronze Stars, 144 Army Commendation Medals and one Navy Commendation Medal. Combat Action Badges were awarded to 85 "Wardawgs" and every Soldier from the unit received a certificate of appreciation and a certificate of participation during the ceremony.

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Army moving quickly to equip, reset force

Dept. of the Army

The Army's current plan to equip and reset the force is ahead of schedule. With the entire \$17.1 billion supplemental budget allocation by Congress at the beginning of fiscal year 2007, the Army has obligated \$9.8 billion for reset — \$4 billion has gone for depot and field-level repair. \$5.8 billion has been allocated for new procurements.

After the Sept. 29 signing of the bridge supplement, the Army moved at unprecedented speed to distribute funding. Operations and maintenance and procurement funds were released within six days of receipt.

The rapid release of those funds allowed the Army to front load new procurements within the initial 90 days of the fiscal year. The majority of procurement funding will be obligated by February 2007. The Army will spend

the entire \$17.1 billion before the end of FY 07.

The Army has moved rapidly to restore battle losses and repair equipment through an aggressive reset program, despite entering the long war against global terrorism. \$56 billion short of equipment, as Army senior leaders have testified before Congress.

Additionally, the Army has had to quickly equip the reserve component as it transitioned from a strategic reserve to an operational force in meeting warfighting requirements. The reserve component has historically been underfunded in its equipping and modernization programs.

Across the country, Army depots, program managers and headquarters staffs are expediting the reset plan. Depots' temporary and permanent workforces are increasing, further demonstrating the Army's unprecedented agility and flexibility in order to stay

ahead of the dynamic and rapidly changing requirements of a ground force at war in some of the harshest conditions in the world.

To do that, the Army, with its industry partners, has implemented several initiatives to acquire, field, maintain or reset thousands of pieces of equipment, to include:

- Up-armored HMMWVs
- Rapid Equipping Force and Rapid Fielding Initiatives
- Aviation Survivability Equipment
- Radios
- Night Vision devices
- M4 Carbine rifles
- Improvised Explosive Device jamming devices
- Fragmentary armor kits
- Helicopters and tracked vehicles

All timelines in the Army's plan have been designed with a full appreciation of unit rotation timelines and continued changing

requirements from theater. The plan executes reset in synchronization with unit training and deployment schedules.

To ensure continued, rapid execution of the reset program, proper management and oversight procedures are in place. The Army remains committed to and has applied resources aggressively to maintain the best trained, the best equipped, fully manned and best led ground force in the world.

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Commentary

Thursday, January 11, 2007

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What is your New Year's resolution?



"Keep in touch with friends better."

Capt. Katie Matthew
Aide de camp to commanding general
1st Inf. Div.



"Make better use of my time for His glory."

Lt. Col. Page Smith
2nd Simulation Exercise Group,
75th Division, Fort Sill



"Get promoted."

Sgt. Mark Lucero
Tuba player
1st Inf. Div. Band



"Be a better dad, be a better husband and just have fun."

Staff Sgt. Robert L. Shepherd
Communications NCO
Transition Team Class 04-32



"Get out of debt and get my future planned."

Spc. Daniel Glanville
Russian linguist
4th IBCT

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@riley.army.mil or fax them to 239-2592.

Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) – (785) 307-1373
Fort Riley Victim Advocate Program – (785) 239-9435
Chaplain – (785) 239-4357
Irwin Army Community Hospital emergency room – (785) 239-7777
Military Police (785) 239-MPMP (6767)
Local Police (on and off post) – 911

Matters of Faith

Honoring memories, investing in freedom

By Lt. Col. D. Erich Schwartz
Deputy Installation Chaplain

One year ago, as the Fort Riley community honored the memory and work of the Rev. Dr. Martin Luther King, Jr., we had the privilege of meeting and hearing Dr. King's son at Riley's Conference Center.

Mr. Martin Luther King, III, inspired his large audience with observations from the unique vantage point of a son. His intimate recollections reminded us of Dr. King as a monumental figure of national and international importance and helped us to appreciate him as a loving father. The program, coordinated by Lt. Col. Rob Foutz and his Equal Opportunity Office staff, treated us to special music by the Gospel Choir of Morris Hill Chapel as well as the speech by Mr. King. The event honored the life and work of the great civil rights leader who lived, and died, for the cause of justice.

As a military community, we are all too familiar with men and women dying for supremely important causes. Scores of Soldiers who have deployed from Fort Riley have made the "ultimate sacrifice" in order to fight for freedom and justice at home and throughout the world.



Courtesy photo
Martin Luther King, III signs programs for students after his speech Jan. 11, 2006 at Riley's Conference Center. King spoke at the observance held in honor of his father Dr. Martin Luther King, Jr.

Dr. King's family supported the civil rights champion at a time when it was very dangerous to do so. In the same way, we bear the immense load of supporting our nation's military members when that service often demands life-threatening risks.

We often speak of a person "giving" his or her life for a

heroic cause, or that the hero "lost" his or her life in order to protect our freedoms. I submit that a better verb is "invest."

Dr. King invested his prophetic gifts and great energy in order to bring all of us — regardless of our ethnic background or religious convictions — a better appreciation of the justice that God intends for all of us to celebrate.

Similarly, our Soldiers don't

"give" or "lose" their lives so that you and I can enjoy freedom. Our Soldiers invest their lives for a cause that may transcend our immediate understanding and strives for lasting justice — often at an immense personal sacrifice.

As I recall Fort Riley's observance last year of Dr. King's birthday, I have vivid images of many school children who were present to meet and hear Mr. King. The children and their teachers, Soldiers, family members, civilians, and friends of Fort Riley thronged around Dr. King's son. That image proclaimed that another generation is invested to continue the great battle for civil rights.

Regardless of our age or occupation, each of us can contribute to promoting the ideals for which Dr. King lived and died — ideals that enrich the lives of people everywhere, ideals for which our Soldiers work so faithfully.

Thanks be to God for the work of Dr. King and the thousands of men and women who are investing their all. May God bless our efforts to promote justice and freedom.

Want a Post?

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Ogden
ShopQuik
Casey's General Store

Latest Dope

'Ecstasy' may sound nice, but effects aren't

Editor's note: This is the first in a series of brief articles about illegal drugs and what effects they may have on anyone who may use them.

By Clyde Sallee
ASAP Prevention Specialist

How harmful can something be with a wonderful name like "Ecstasy?"

Ecstasy is the chemical substance methylenedioxymethamphetamine, or MDMA, that combines a powerful stimulant with a hallucinogen. The stimulant in Ecstasy is similar to methamphetamine and causes permanent damage to the brain.

It forces serotonin, which controls moods and pain, to be released in huge, abnormal amounts. The neurons that store serotonin are deformed or destroyed. These injured neurons can re-generate but they may grow back abnormally or in the wrong locations.

When Ecstasy wears off, the brain has a sudden lack of serotonin, which makes it difficult to sleep, learn or remember. Ecstasy causes the brain to release the chemical dopamine. After Ecstasy leaves the body, the rapid decrease in dopamine can cause users to feel depressed and cranky.

Ecstasy also causes hallucinations (imagined experiences that seem real). Having a hallucination is like leaving the real world, and it can be terrifying. A user



Clyde Sallee

may hear voices, see things or feel things that do not exist. Ecstasy can be made anywhere, clean or unclean.

Street Ecstasy could contain about anything and is generally manufactured in clandestine labs by criminal drug dealers, not chemists.

Dirty bathtubs, sinks, any convenient spot becomes a lab. People with no scientific training are oftentimes the manufacturers. There are many different recipes being used. Ecstasy can come in a capsule or powder, but it's more often a tablet. Tablets vary in strength and effect and sometimes have a symbol embossed on them.

Ecstasy and its additives may cause permanent problems in the heart, kidneys and brain and could cause strokes, seizures or death.

Taking Ecstasy is illegal and causes lifelong problems, to include permanent damage to the body and mind.

To receive additional training about Ecstasy or other drugs of abuse, contact the Army Substance Abuse Program at 239-1928, 239-5047 or 239-5075.

Grunt By Wayne Udden

WHY STICK
A FINGER IN A PROBLEM
WHEN YOU CAN DIVE
IN WITH BOTH BOOTS...



FORT RILEY POST

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THE MILITARY
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Airmen learn lifesaving skills during transition team training



Air Force Staff Sgt. Shakoda Gilliam, a transition team member, applies a bandage to a Soldier role playing a casualty with a severe chest wound during combat lifesaver training Jan. 6 at Camp Funston.

DISCOM/Merritt

By Pvt. Andrea Merritt
DISCOM

Fort Riley is known as the "Home of the Big Red One" but it has also become a home for members of other branches of the military.

As part of the "Big Red One's" mission to train transition teams, to support the mission of the Afghan and Iraqi armies, Fort Riley not only trains Soldiers, but members of other branches of service as well.

The first all-U.S. Air Force classes completed the combat lifesaver portion of their training Jan. 6 at Camp Funston.

The classroom portion was taught by the Soldiers of the 101st Forward Support Battalion and the hands-on portion was taught by medics on the teams.

The last day, day four, is not a required day on the training schedule, but it is conducted to provide team building skills, said Sgt. Richard Giannetti, a CLS instructor for the transition teams.

In four days, the airmen learned to apply tourniquets, empty airways, perform needle chest decompressions and stop arterial bleeds.

Ten classes rotated through two exercise lanes in which they were graded on all the medical skills they learned during the CLS class.

The first exercise was conducted on the limited-visibility lane. The scenario: a dining facility hit by a mortar round with four casualties trapped inside.

The observer controllers tried to make the environment as realistic as possible. Tables and chairs

were overturned, it was dark and fog from a smoke machine clouded the room.

Simulated chaos

The simulation was made more chaotic by the sound of recorded gun fire ringing in the background and fake blood splattered on the floor around the casualties' bodies.

The airmen's mission was to comb through the darkness to find the casualties, set up a casualty collection point and treat the victims within ten minutes.

"It's called the platinum ten minutes," said Giannetti. "A lot of treatment rendered has time limits, and if it is not done in that particular time, then (the casualties) are not able to be saved."

The room was so dark and smoky, it was extremely difficult to see a body that was less than three feet away, said Air Force Staff Sgt. Ryan Hill, a member of the team.

The mock injuries the airmen had to treat were fractures, severe chest wounds, arterial bleeds, burns and missing limbs.

The second scenario, which lacked the special effects of the first, took place outside in the daylight.

While on a simulated a foot patrol to an Afghan National Army encampment to meet with the mayor of the local town and his bodyguard a vehicle the airmen were approaching was hit by a mortar round.

Their mission was the same as in the dining facility scenario, except they had to move the casualties away from the "burning"

vehicle and use a radio to call for medical evacuation.

"The team worked cohesively together," said Air Force Capt. Devon Christensen, a transition team member. "Some provided security, some treated casualties and others worked on getting the MEDEVAC inbound."

"This training is developing the basics and instilling the immediate reactions that we have to take should we ever be in these situations," Christensen said.

Airmen to provide support

The Air Force teams are preparing for a six-month deployment to Afghanistan in support of a forward operating base so that the Army can focus more on training their Afghan counterparts, Hill said.

Hill stated that he was impressed by the training he received and the people at Fort Riley in general.

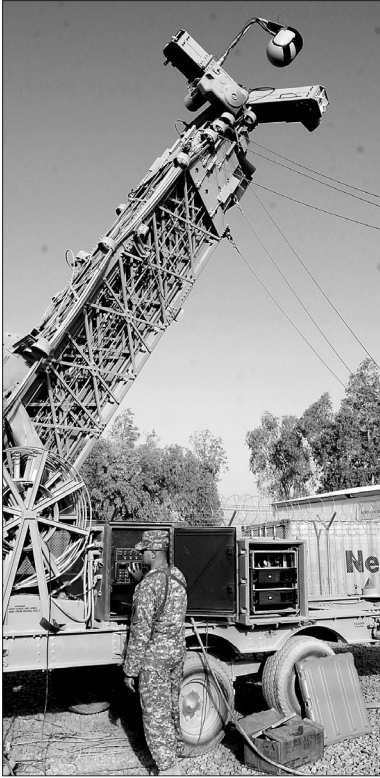
"It has to be tough processing 500 people a week," Hill said. "They kind of know we're fish out of water, so they have been helping us kind of feel at home."

When asked about training the all-Air Force teams Staff Sgt. Walter Laird, the assistant non-commissioned officer in charge of the CLS course, said it was no challenge.

"It's the same as training Army personnel," Laird said. "A lot of them may not have had medical training in the past, but once they go through combat lifesaver they are a little more confident in the medical skills that we train them on."



Army initiates electronic warfare capability



By Lt. Col. Carl S. Ey
Army News Service

WASHINGTON – The Army is developing a new core competency for career Soldiers and officers interested in becoming electronic warfare specialists.

"As the Army continues to face an increasingly sophisticated, learning and adaptive enemy, who will engage in asymmetric warfare characterized by irregular tactics, terror, and the use of the most deadly casualty-producing means available to them, we find ourselves needing to develop new ways to attack and defeat these adversaries," said Lt. Gen. James J. Lovelace Jr., deputy chief of staff for operations.

"As nation-states, both friendly and hostile, move forward into ever more technologically complex domains, we need new tools and capabilities to better address a full spectrum of challenges," he said.

In the early stages of combat in Iraq and Afghanistan, commanders quickly realized that they needed highly trained and qualified electronic warfare personnel within the Army.

The Navy was able to step in to assist in this fight by providing

trained electronic warfare operators, both commissioned and enlisted, to support ground forces. This effort proved to be such a combat multiplier that in April 2006, Headquarters Department of the Army established the Electronic Warfare Division as part of the Army Asymmetric Warfare Office.

The Electronic Warfare Division's mission is to oversee electronic warfare policy, programs and resources within the Army.

In May 2006, the vice chief of staff of the Army directed G3 to establish electronic warfare as an enduring core warfighting competency within the Army. Specifically, he directed the G3 to develop an electronic warfare force structure and operational concepts which strengthen the Army's strategic vision and supports the ground force component commander, allowing for seamless employment within the joint warfighting environment.

Under the vice chief's guidance, the Army is planning the development of a military occupational specialty and an officer career field. These Soldiers are already embedded in units and preparing to go to Iraq and Afghanistan to do "battle hand-

off" with the Navy EWOs on the ground.

"The Army has come a very long way in a few months," said Col. Laurie Moe Buckhout, chief of the Army's Electronic Warfare Division. "Today, we have EW training bases at Fort Huachuca (Okla.) and Fort Sill (Okla.) turning out enlisted and commissioned Soldiers who carry the electronic warfare additional skill identifiers or ASIs of 1K and 1J tactical and operational electronic warfare operators."

One of the greatest emerging warfighting domains is the electromagnetic spectrum, the largely invisible space over which radio waves, light waves and directed energy can travel.

The Army has long developed systems which depend upon the spectrum for communications, radars, targeting assets, laser and radio frequency guided munitions, Global Positioning Systems, Blue Force Trackers and all manner of sensors for collecting intelligence and information.

Currently, the Army is developing a much more robust network in its Future Combat Systems program. This will connect many new manned and unmanned systems that will enhance Soldier capability and protection.

"Over the years, despite its

reliance on the electromagnetic spectrum, the Army has not kept pace with the development of appropriate tools and skill sets to ensure unimpeded use of this domain," Buckhout said.

"Today's enemy is as sophisticated as we are and, in many cases, less tied to conventional means of warfare," she added. "This means we must poise ourselves to both defend our use of the spectrum and also to be prepared to take the fight to the enemy. One of our most important weapons in this fight is electronic warfare."

Army transformation is building capabilities required to execute the full spectrum of operations required of Army organizations today and expected in the future.

Lessons learned from these operations indicate EW to be vital for the Army to meet its full spectrum requirements; therefore, the Army is accelerating its effort to build EW capability to enhance ground combat operations. Training and Doctrine Command has been designated the Combined Arms Center as the Army's Electronic Warfare Proponent.

Editor's note: Lt. Col. Ey is assigned to the Army Office of the Chief of Public Affairs.

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Army unveils Light Utility Helicopter UH-72A Lakota

By Lt. Col. Martin Downie
Army News Service

COLUMBUS, Miss. — Gen. Richard A. Cody, vice chief of staff of the Army, and Joe RedCloud, a chief of the Oglala Sioux Tribe, Lakota Nation, accepted the Army's first Lakota Light Utility Helicopter, UH-72A, in a ceremony in Columbus, Miss., Dec. 11.

"The Light Utility Helicopter — from concept development to material fielding to rapid deployment — is not only serving as a catalyst for change across the Army, it is also accelerating the speed of Army aviation modernization and integration with other services and government agencies," Cody said.

The Army has a long-standing tradition of using American Indian names, such as terms, tribes and chiefs for its helicopters. In the case of the Lakota aircraft, the linkage is between the Lakota legacy as stalwart defenders of their homeland and the nature of

the aircraft's intended domestic missions.

"We're pleased that you honor our tribe by naming this helicopter Lakota. You are not only honoring our past, you are recognizing that we are still here, joint partners in the heritage of the promise of America," RedCloud told the audience.

The fielding of the LUH is part of an ongoing Army-level effort to transform its aviation capability through the deliberate reinvestment of funds from the canceled 2004 Comanche program.

The Army National Guard will receive the majority of the 322 new aircraft. Initial aircraft will be sent to the National Training Center, Fort Irwin, Calif., for medical evacuation missions in January 2007. The UH-72A Lakotas will replace UH-60 Black Hawks, which will be transferred to the National Guard for operational missions.

"The Lakota heralds a new beginning for our Army and for

our communities across every state," Cody said. "It is our nation's responsibility and the Army's duty to provide our National Guard Soldiers with the tools they need to

respond fully and rapidly to homeland security missions and

national disasters.

"This exceptional platform will fly for years to come in America's skies. It is an aircraft we needed and we are proud to see it take flight," he said.

The UH-72A is a commercial aircraft designed to conduct light general

support tasks in permissive, non-combat environments. Those tasks include civil search and rescue, personnel recovery, evacuation, counter-drug and limited civil command and control operations in the conduct of Homeland Security.

Editor's note: Lt. Col. Downie serves with the Office of the Chief Army Public Affairs.

The Army's new Light Utility Helicopter UH-72A Lakota will primarily be used by the National Guard in support of homeland security missions. Courtesy photo



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RPAC

continued from page 1

from and back to the PFTC. Once the "Rangers" return to the PFTC, they make their way to the ropes, take a deep breath, wrap a rope around their legs and find a good climbing posture.

From that stance, the "Rangers" pull themselves up 20 feet of rope as if they were heading for the second floor of a building that needs to be cleared and secured.

Injuries happen in combat, so the next skill after the controlled decent from the rope is the stretcher pull. Getting a fellow Soldier out of harm's way and to the next level of care may require pulling the wounded Soldier in a rescue litter. The challenge at the PFTC comes in the form of a rescue litter strapped with five-gallon containers carrying 160 pounds of water. The task at this station is to grab the rope attached to the wounded "Soldier's" litter and drag it 50 meters around a stake and 50 meters back before heading to the next challenge.

Helicopters provide Army personnel a quick exit in combat when needed. To make the exit faster, or if a helicopter can't land, Soldiers are lifted out using a caving ladder. At the PFTC, that airborne exodus is simulated by each "Ranger" climbing a 20-foot caving ladder that takes them closer to the end of the test.

After climbing back down the ladder, "Rangers" sprint 200 meters and scramble over the last obstacle, an eight-foot climbing wall.

When their boots hit the ground on the other side of the wall, they've completed the RPAC.

The purpose behind the RPAC is to allow squad leaders to identify the physical combat skills their Soldiers can execute to standard, Kauzlarich explained. "Once assessed, the leaders could focus their Soldiers' efforts on physical training that would best prepare



2nd Bn., 16th Inf.
Fire Support Officer 2nd Lt. Clinton Staub, Co. A, 2nd Bn., 16th Inf., makes his way down a caving ladder at the PFTC.

them for the physical and mental rigors of combat, so that when we deploy and fight, our Soldiers will possess the competence and confidence to win and win decisively."

Idea became reality at Fort Riley

The PFTC found its way to Fort Riley via Kauzlarich. He discovered the concept in another Ranger regiment, and with help from the Directorate of Plans, Training, Mobilization and Security, turned it into a reality at Fort Riley. "It was truly a team effort to build something never seen on

Fort Riley before, but the 1st Infantry Division and supporting agencies on Fort Riley are truly a 'team of teams' that took it as a challenge to provide a realistic training infrastructure that would best prepare our Soldiers for combat," Kauzlarich said. A total of three PFTCs have now been constructed on Custer Hill.

The "Rangers" plan to take the RPAC challenge every other week and would like to see everyone complete the RPAC in less than 40 minutes. They welcome anyone to come and test themselves, remembering this is no kumbaya physical training; it's for combat readiness.

Military healthcare making advances

By Sgt. Sara Wood
AFPS

WASHINGTON — The military has made tremendous advances in healthcare in the last decade and specifically since the start of the wars in Iraq and Afghanistan, the top Defense Department official for health care said Dec. 13.

Body armor, eyewear, new surgical techniques and improved medical data collection in this conflict have all contributed to the lowest killed-in-action rate in history, Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, said in a roundtable discussion with retired military analysts.

The killed-in-action rate for operations Enduring Freedom and Iraqi Freedom is 12.5 percent. It was 18.6 percent for the first Gulf War and Vietnam and 25.3 percent for World War II, he said.

The killed-in-action percentage measures the number of servicemembers killed out of the number wounded.

"Basic stuff is making a difference. Obviously, it doesn't save every injury, but it miti-

gates a lot of the injuries," Winkenwerder said.

As of Dec. 2 23,119 servicemembers had been wounded in Iraq and Afghanistan, he said. Of those, 55 percent returned to duty within 72 hours, he pointed out. "People miss that, and I think it's an important thing," he said.

Winkenwerder pointed out some other surprising statistics: Of the 37,058 servicemembers medically evacuated from the U.S. Central Command area of operations as of Dec. 4, 59 percent have been for disease and 21 percent for non-battle injuries.

As of Nov. 1, the war on terror has produced 760 amputees, of which 500 lost a limb, hand or foot and 260 lost fingers or toes only.

A major issue in this conflict has been post traumatic stress disorder, Winkenwerder noted. The best statistics on PTSD come from an Army study done on Soldiers and Marines returning from their first or second rotations in Iraq or Afghanistan, in which the rate of servicemembers who screened positive for PTSD on a questionnaire was 12 percent, he said. He noted, however, that the pre-deployment

rate of PTSD was about 7 or 8 percent.

To provide better mental healthcare for servicemembers, the military does a pre-deployment screening, a post-deployment screening and a follow-up screening three to six months after troops return, Winkenwerder said. This follow-up assessment is important, because many troops don't report problems right after a deployment, but these problems surface later, he said.

These extra assessments give military officials more data to work with when analyzing mental health trends and developing new programs to help servicemembers, Winkenwerder said.

"It's a real profile of what's going on with our people that we did not used to have, and it's allowed us to develop new programs to reach out where the need is," he said. "I think they're making a difference; we've gotten very good feedback."

Another area that has seen notable progress is amputee rehabilitation, Winkenwerder said. Of the total number of amputees, 25 percent have been returned to duty. "The spirit there is unbelievable," he said.

Statements

continued from page 1

or PIN, is required to use the system, and eligible users can apply for one at the myPay Web site, www.mypay.dfas.mil.

Users with military e-mail addresses — addresses in the .mil domain — or a pre-registered personal e-mail address can receive their new PIN via e-mail. All others will receive their new PIN via mail in about 10 working days from the date of request, officials

said.

Customers who already had obtained a PIN but have forgotten it can apply for a new one at the myPay site.

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Post, Army news briefly

EEO office moves

The Equal Employment Opportunity Office has moved to Building 211 on Custer Avenue on Main Post. The office's phone numbers remain the same, 239-2595 and 239-3263.

ASAP offers training

The Fort Riley Army Substance Abuse Program conducts monthly classes for Soldiers in the rank of sergeant and above who have been selected by unit commanders to assist them as an ASAP subject matter expert. During the certification process, Soldiers learn how to administer the Unit Biochemical Testing program, assist commanders in briefing new unit personnel regarding ASAP policies, procedures and services, and how to develop, manage and facilitate the ASAP prevention education program to their Soldiers.

Classes are scheduled Jan. 24-25, Feb. 21-22, March 21-22, April 25-26, May 23-24, and June 13-14.

The Unit Prevention Leader Certification Course has a rigorous two-day curriculum with a required final test to achieve UPL certification. The course will be taught from 9 a.m. to 4:30 p.m. each scheduled day at the Digital Training Facility in

Building 7285.

For information on the Unit Prevention Leader Certification Course or how to enroll Soldiers for the class, call Clyde Sallee, Fort Riley UPL training coordinator, at 239-1928 or 239-4151.

Suicide prevention classes offered

The Fort Riley Suicide Prevention Program will conduct Applied Suicide Intervention Skills Training classes monthly now through March.

Classes are scheduled Jan. 18-19, Feb. 15-16 and March 8-9.

The two-day classes will be taught in the basement classroom at Riley's Conference Center from 8 a.m. to 4:30 p.m. each day.

For more information, call Charles E. Jackson, Fort Riley suicide prevention training coordinator, at the Family and Soldier Support Center, 239-9434 or 239-1012.

Laundry services provided on post

The laundry Drop Off/Pick Up Point for services provided by PENN Enterprises, Inc. is located at Building 229, the old commissary, on Custer Avenue. Hours of operation are 7:30 a.m. to 3:45 p.m. Monday through Friday.

Fort Bragg picked for census rehearsal

By Spc. Jerome Bishop
Army News Service

FORT BRAGG, N.C. — With the 2010 census quickly approaching, preparations are being made and the residents of Fort Bragg, N.C., and its surrounding areas are about to get involved.

The U.S. Census Bureau is conducting a rehearsal operation in the Fort Bragg area which will offer many local residents temporary employment and a chance to

be part of the federal government's largest peacetime operation.

"Before we take the census in 2010, we conduct two dress rehearsals, which are full fledged census activities in the United States," said Wayne Hatcher, U.S. Census Bureau regional director. The second rehearsal will take place in northern California's Joaquin County.

The Cumberland County area, which includes Fort Bragg and Pope Air Force Base, was selected as a rehearsal site, in part, because

of its high military population.

To start this spring, the rehearsal will establish a working system that will be used to conduct the nationwide operation in 2010.

"To conduct the census activities, we need to hire a staff in 2007 to conduct field activities and in 2008, as well. In 2010, we'll open about 450 offices throughout the country. This dress rehearsal is helping us determine all of our procedures and training that we will use in 2010," Hatcher said.

Among the procedures to be rehearsed is the new use of handheld computers that surveyors will use to collect data from residents who don't return census forms, making the census a quicker and more cost effective operation, according to Megan C. Kindelan, a Census Bureau public affairs specialist.

For more information, visit www.census.gov.

Editor's note: Spc. Jerome Bishop writes for the Fort Bragg Paraglide.

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Fort Riley Community Life

Thursday, January 11, 2007

Home of the Big Red One

Page 11

Community news briefly

ESC to meet

The Enlisted Spouses Club will have their general membership meeting at 6 p.m. Jan. 31 at Custer Hill Lanes on Fort Riley. Members will have a short meeting then do some bowling. Childcare is available. Please RSVP to Amy Scarpulla at 717-2753 or ascarpulla@gmail.com by Jan. 29.

Parenting class offered

Active Parenting of Teens, a parenting program for parents with teens, is hosting a two-hour workshop for "Overcoming the Power Struggle." The workshop will address topics such as: curfew, chores, clothing, school, dating and more. Registration for this workshop is free and open to military and non-military families. The workshop will begin at 6 p.m. on Jan. 22.

For additional information or to register contact the Family Advocacy Program at 239-9435 or Building 7264 on Normandy Drive.

CYS offices set to move

Central Enrollment and Registration for Child & Youth Services will be re-located from its current location at Building 7434 on Parker Street to Building 6620, beginning Jan. 22.

Services will temporarily be provided at Building 6620 A, from January 22-23. Building 6620 A is the new Child Development Center located on Normandy Drive, next to Building 6620. Starting January 24 services will permanently be provided at Building 6620.

Offices included in the move are:

CYS Central Enrollment and Registration, CYS Administrative offices, Schools of Knowledge, Inspiration, Exploration & Skills (SKIES), and Family Child Care.

For more information contact 239-4920 or 240-2362.

Effective family workshop offered

The 7 Habits of Highly Effective Families for Army Families provides much-needed framework for applying universal, self-evident principles that enable family members to better communicate about their problems and solve them successfully.

The workshop will be offered on Feb. 27 and 28 and March 1, 6 and 7 and will run from 9 a.m. to 5 p.m. at Riley's Conference Center.

Free limited-child care will be available on site with early registration (immunization records required).

For additional information or reservations contact the Family Advocacy Program at 785-239-9435 or e-mail, site266@riley.army.mil.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Father, son share graduation day

By Anna Morelock
Editor

Command Sgt. Maj. Terry Young has finally come to the realization that he'll have to retire someday and get a job in the "real world." He doesn't have any concrete plans but he'd like to find a job in wildlife management or maybe open his own hunting supply shop.

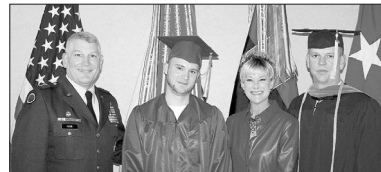
His son, Josh, is working as a shift manager for the Army and Air Force Exchange Service. He has plans to stick with AAFES and hopes to keep moving up.

Both Youngs completed another step toward their future goals when they received college degrees during the post graduation ceremony Dec. 13 at Riley's Conference Center.

After 21 months of writing papers and participat-

ing in online discussions, Young earned his master's degree in general management from Touro University. Josh took the more traditional route and attended classes on post offered by Barton Community College. At graduation, he was handed his associates degree in general studies.

Young's degree helps him with his career in the military, but the main reason he went back for his Master's was to help him once he got out of the Army. "Listening to what I've heard from others who just got out, civilian organizations don't really care about what you've done when you were a sergeant major or what you've done in the military if you don't have certain qualifications," Young said. "I didn't want to run into that just by not having the proper sheepskin."



Maj. Gen. Carter Ham, commanding general of the 1st Inf. Div. and Fort Riley poses for a photo with Josh, Portia and Terry Young after the post graduation ceremony Dec. 13 at Riley's Conference Center.

Courtesy photo

See Graduates, Page 12

Remembering



Spec. Dan Jackson (left) and Spec. Camilo Gonzalez set off a canon as part of the 21-cannon salute to former President Gerald Ford at noon on Cavalry Parade Field Jan. 3. The nine-Soldier, four-cannon salute battery, comprised of Soldiers from HHHC, 1st Inf. Div., fired off the cannons in front of the division's headquarters in memory of the late president who died Dec. 26. A 50-cannon salute was fired off at 5 p.m.

1st Inf. Div./Clarke

Faith community offers helping hand

By Anna Morelock
Editor

This holiday season the chaplains and faith communities at Fort Riley helped ease the financial strain on around 400 military families. Through Operation Helping Hands, a special fund through the chapel tithes and offerings, the families received assistance in the form of \$35 to \$90 gift certificates to the Commissary.

"Financial strains during holiday times are difficult and so the chapel communities look to kind of bless the families with a little grocery help," said Chap. (Maj.) Carl Rosenberg, director of the Chaplain Family Ministry Center and project officer for OHH.

Local businesses also donate to OHH. "From the larger community outside the post there's a strong interest in trying to do something nice for Soldiers and their families," Rosenberg

added. OHH is one avenue for them to do that.

Besides the holiday grocery boost, OHH does offer help to families throughout the year. If in need of assistance, a Soldier can meet with his unit chaplain to discuss options. The chaplain makes sure the Soldier has explored all of the options for assistance including the Red Cross and the Army Emergency Relief Fund. However, even if they are getting assistance from other avenues, OHH can often provide extra help with groceries.

"The faith communities want to be supportive during crisis times," Rosenberg said. "We recognize that Soldiers, young married couples sometimes have to learn some things. This is an opportunity that can hopefully help them in this learning process, help them ease the discomfort of financial strain in young married life."

Family violence 'readiness' issue

By David G. Landmann
Sentinel News Editor

Domestic violence in Army families is a "people" issue and one of readiness, Lt. Gen. Ray Odierno, commander of III Corps and Fort Hood, told an audience of Army leaders during Fort Hood's annual Domestic Violence Stand Down Day.

Odierno's comments helped set the tone for the day at a leadership breakfast in the ballroom of the Fort Hood Catering and Conference Center.

"We have to make sure everyone under the command understands the implications of domestic violence," Odierno said.

Domestic violence is not just something that impacts the perpetrator and the immediate victim, but its effects spread through entire families, Odierno said. It is also an issue some tend to overlook.

"We can't just say, 'Oh, he's my first sergeant, and he couldn't do this,'" he said. "It is very, very important we understand this problem and educate...to change

to behavior of these Soldiers."

From a command perspective, Odierno told his audience domestic violence is "all about readiness" and readiness, he said, like the Army, is all about people.

"We have to make sure we're providing (our Soldiers) an environment in which they can grow as people," he said.

Odierno said he wanted the remainder of Domestic Violence Stand Down Day spent with leadership working to educate Soldiers about the issue.

"We need to explain the problem and what is available to them," he said. "It is the (Soldiers) who don't go for help who end up (in violent family situations)."

"The victims could be anybody," he added. "So we've got to make sure we get everybody involved. We have to communicate about this problem."

Odierno said as far as he is concerned, there are no excuses for domestic violence in Army families.

"Yes," he said, "we're under a lot of stress. And, yes, we're deploying, but those things are

not excuses for violence."

He admonished the Army leaders attending the breakfast to take the lead in reducing the amount of domestic violence among Fort Hood Soldiers and to take the lead in intervention.

Earlier in the breakfast program, Eric Jackson, a domestic violence intervention training instructor, urged Army leaders to intervene in situations where they suspect domestic violence.

Jackson opened his presentation with a video in which a spouse is killed as a result of family violence. Several times during the video, friends, neighbors and passers-by could have intervened and possibly prevented the death.

"That video," Jackson said, "demonstrates the lack of community involvement where domestic violence is concerned. Had there been some intervention, this would not have happened."

Even in instances where domestic violence doesn't result in death or physical injury, the emotional toll is heavy, Jackson said.

See Readiness, Page 14





Community news briefly

Start Smart sports scheduled

The first meetings for Start Smart Winter Sports and Start Smart Basketball are both scheduled for Jan. 22 at the Youth Center, Building 5800.

Start Smart is an instructional program for kindergartners and their parents and is designed to prepare children for organized team sports, in a fun, non-stressful environment. Basic skill instructions in basketball and baseball will be offered, in a fun, relaxed atmosphere.

Youth must register with Central Enrollment and Registration for Child and Youth Services. For more information call 239-9222.

Workshop slated for post issues

Chaplains, Commanders, Senior NCOs, and professionals are invited to attend the 4 Disciplines of Execution.

The workshop is intended to get everyone within the Fort Riley community in agreement on what the few (1-3) most critical things are that must be accomplished.

The one-day workshop will be held March 8 from 9 a.m. to 5 p.m. at Riley's Conference Center.

Interested individuals can contact the Family Advocacy Program at 785-239-9435 or at site266@riley.army.mil.

FAC meeting changed

The Family Advocacy Committee Meeting has been changed to Jan. 16 and 3 p.m. The meeting will be held at the Soldier and Family Support Center, Building 7264. For more information contact Toiane Taylor at 239-9435 or 239-5777.

BOSS talent show tryouts scheduled

Have you got what it takes to be the next BOSS Talent Show winner? Come show off what you've got at the BOSS Talent Show tryouts beginning Feb. 6. Tryouts will be held every Tuesday and Wednesday from 7 p.m. to 8:30 p.m. in Building 8067 until Feb. 21.

Tryouts are open to all talents but performances must be family friendly. Civilians and Soldiers are welcome to participate.

For more information call 239-8147.

Arts and Crafts activities listed

Jan. 16 – 6:30 p.m., Ceramic mold pouring
For more information contact the Arts and Crafts Center at 239-9205.

Auto Skills classes offered

Jan. 11 – 6 p.m., Advance Auto repair & Body Shop Skills and Development

Jan. 18 – 6 p.m., Basic Automotive Class & body shop Skills & Development
For more information contact

the Automotive Skills Center at 239-9764.

Festival, art show slated

A Winter Festival and Fine Art Local Show will be held at School Age Services at 4 p.m., Jan. 12. For more information contact SAS at 239-9220.

Application due date approaches

Now that the holidays have passed, take some time to fill out and submit an application for a \$1,500 scholarship. Information and applications for the 2007 Scholarships for Military Children program are available at commissaries worldwide as well as online at the program Web site, <http://www.militaryscholar.org>.

Administered by the Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, the program has awarded more than \$4.6 million in scholarships to nearly 3,000 students since the first awards in 2001.

Put on your thinking cap and fire up the computer in preparation for this year's essay topic: "If you were granted the ability to change the outcome of any event in history, what would you change and why?" Completed applications must be turned in at any commissary no later than close of business Feb. 21.

Child care providers needed

More home childcare providers are being sought from among post residents.

Requirements to be a family child care provider include the successful completion of background clearances on all family members over age 12 living in the home, the ability to read, write and speak English effectively, the ability to interact with children in a loving, positive and developmentally appropriate manner, being 18 years of age or older and living in on-post housing.

Family Child Care holds an orientation meeting the second Thursday of each month from 2:30 to 3:30 p.m. at Child and Youth Services, Building 6620.

For more information, call the FCC representative at 239-9892.

Child car seat checks offered

Anyone wanting a child's car seat checked by a safety expert should call 239-2514 to make an appointment. Appointments are available from 1 to 3 p.m. Tuesdays and Thursdays at Building 407, Pershing Court.

Children younger than 4 are required to sit in car seats. Those 4 and older must wear seat belts. Child safety advocates say children 4 to 7 years old should sit in booster seats that allow seat belts to fit them properly.

By Carolyn Burch-Menzies
Contributing columnist

My mama said there'd be days like these that annoy and baffle you with their difficulty. She neglected to mention there might be entire months (seemingly connected to marrying a Soldier) when Murphy works overtime.

That can, in turn, throw one's estrogen into toxic levels and create turmoil in on-post enlisted neighborhoods that are PM/Sing collectively.

This also accounts for the high number of antidepressants in any given neighborhood at any given time. Right now, most of those can be found with us wives, officer and enlisted alike, from the 4th Infantry Brigade Combat Team.

...

I was in the midst of all this that I met him, eventually bringing him home, and yes, I even brought him to bed. Some said it was a really horrible thing to do to my man while he was away at the National Training Center, giving him no real choice in the matter or sharing any knowledge of it.

With the promise he was soon deploying for a long time, perhaps I lost my mind a little. I'm sure a lot of wives do so during these times living in a big empty house with way too little testosterone.

I'll admit it. I needed some company. I needed some protection. I needed to be cuddled by someone I didn't give birth to. I was lonely, and I just sleep better with someone beside me, even though he has ungodly halitosis – but then that's another story.

I finally found someone not likely to deploy or to get tired of me and who would be here to protect me from things that go bump in the night. Besides all that, I had some serious karma to straighten out, and this was the best way I could think of to get it done.

So Bo and, for good measure, a second little dog named Daisy, joined our family while my hus-

About the author

Carolyn Burch-Menzies is a freelance writer, columnist and a new, rather-green Army wife. She and her husband recently arrived at Fort Riley. She has written for *Ladies Home Journal*, *Woman's Day* and *Romantic Homes* magazine. Burch-Menzies is an occasional contributing columnist for the Post. She can be reached at wrmsy2003@yahoo.com.



band was in "The Box" and totally unaware that a Lab and a Jack Russell Terrier from the Fort Riley shelter had taken his place on the bed – spoiled and pampered.

If you had had the kind of week I had, you might have done it, too!

...

My husband left on a Thursday. On Friday morning I had my car's suspension system go haywire and one wheel portion very nearly came completely off my car. Next, since we recently moved, I forgot about a ticket I was supposed to go to court over in Junction City, and without going into the gory details, suffice to say I escaped buying a harmonica by a very narrow margin and a loan from a kind stranger.

When my "Sgt. Stoic" gets back, he will probably get counseled for having married a blonde.

Then, just when I thought it couldn't possibly get worse, my daughter fell from her bike, getting a hairline fracture in her arm. The evening at the emergency department was the least of my troubles to come. Since my ex heard about the accident, he has waged an all out war against me, trying to regain custody of the kids in a vast over-protective burst.

My bed new washer broke, flooding the apartment. The car ran out of oil. Two bills were overlooked and past due, and every light bulb in the house either flickered cheatingly or was out completely within two days of my husband leaving.

I put the Christmas tree up early, and it fell out of its stand within hours of being set up and decorated with glass balls.

My version of Microsoft Office went crazy and the computer caught a bad cold. I had some trouble with the military police office on post which, at least until recent time, I had held in high regard.

I got a sore throat and began to hear noises in my house at night, keeping me from sleeping well.

But, I curtailed my instincts to sigh and say, "Just when you need a man around..." as my mother, a product of the 1950s would have done. I am supposed to be a feminist after all, and I like to think a feminist is someone who is in between tough female Soldier and the "Leave it to Beaver" than the standard issue wife of this day and age.

If you have, as Virginia Woolf maintained, a room of one's own, then you can be "you" under whatever circumstances might cause a head-on collision with your life, and if you do it gracefully, you have succeeded.

...

I was about when I thought I finally had everything under control, though shaken by the turn of events, that I ran over the cat.

I am a lover of animals. You have to believe me on this one, because after what I am about to say, you may doubt it.

The day the cat disappeared under my front wheels and then failed to re-emerge as I slowed to a stop on the highway, I knew my troubles had finally reached the point where I was one straw

from becoming an Exceptional Family Member in the most mental sense. In looking around and deciding there was no house nearby, I realized in horror that the poor thing could only belong to the church nearby.

I was horrified, and all my other troubles suddenly paled in comparison. I couldn't get past the fact that it wasn't just any cat, it was this cat that belonged, like a little lost sheep, to a church.

It wouldn't have been so bad had the cat not been as big as a sheep and pretty much caught up under there in my low car's poor suspension system. I know you're supposed to stop for dogs in most states, but I don't know about cats in Kansas. Anyway, with the legal troubles looming, all I needed was some Barney Fife to get out and measure my skid marks, decide I was driving too fast, and oh, there we go all over again.

I know it sounds terrible, but human cargo is more important and you can get killed swerving. So there, I admit it, I didn't really swerve exactly, though I did brake a little. Not that I meant to hit the poor thing or had much time to think. (I really do love animals, you have to believe me!)

The thing is, I was once traumatized by finding my own cat dead on the way to school, so since it happened, I have sweated this decision not to stop once the poor thing was run over. I admittedly have been mortally tempted to go back and recover the cat from the scene ever since, which, combined with a lot of nerves this last few weeks tells me I have at long last gone "a little loopy," as my friend in the United Kingdom says.

But then what, I wondered? If I go back there and pick it up, do I put it in the trash can or bury it on the hill behind the house? If I did that on post, I'd probably get in trouble for either. And you can't very well go to some strange trash can and get caught putting pieces of a dead cat in

See Puppies, Page 14

Graduates

continued from page 11

Education Services

Main Post Learning Center, Bldg. 217, Custer Avenue
Phone: (785) 239-6481

Learning Center #1, Bldg. 7604, Parker Street
Phone: (785) 239-9485

Web site: <http://www.riley.army.mil/Services/Education/Educ.asp>

who at one point was also finishing up a degree at BCC. The couple managed to work out their computing differences. "She'd tell me, 'you can have the computer after 12 o'clock tonight,'" Young said with a chuckle.

"To see him up every night working on his papers was funny when I didn't have anything to do," Josh related about his father's late night study habits. Father and son both recommend the routes they took for higher education. The Leadership Skills Enhancement Courses that Josh took are free to Soldiers and military dependents. "This is the best thing going at Fort Riley," Young said about his son's oppor-

tunity for free education. During Young's career, the family has called 11 different posts home and no post has ever offered those kinds of education services for dependents, he said of the LSEC classes.

If someone wants to get their core classes out of the way and work towards a degree, "it's the best way to go," Josh agreed.

Take it from someone who put off going back to school for 20 years, Young said. "If anybody's thinking about doing it, do it while you're (at Fort Riley) because once it's done it's something you'll have for the rest of your life."

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-8854.

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Commissaries ring up increased savings for military families

By Bonnie Powell
DeCA

FORT LEE, Va. — Commissary customers are ringing in the New Year with record-breaking savings. As a result, they should be "resolving" to shop their local commissary more often, commissary officials suggest.

"I'm proud to announce that average customer savings for a family of four have risen to nearly \$3,000 annually," said Defense Commissary Agency Director and CEO Patrick Nixon. "As an agency, we always deliver the message that our savings are an 'average of 30 percent or more' worldwide, but savings have actually been holding steady at about 32 percent for several years now."

DeCA has not revised its savings messages for more than a year, but using current U.S. Department of Agriculture figures for retail grocery food purchases consumed at home, a family of four shopping at the commissary on a regular basis can now save \$2,957 annually on groceries. The figure formerly used was \$2,700.

DeCA

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5 percent surcharge that covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices, savings worth nearly \$3,000 annually for a family of four.

A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families and help recruit and retain the best and brightest men and women to serve their country.

Customers, Workforce, Partners Raving Fans! DeCA's VISION will focus on people - all working together to create "Raving Fans."

"Considering the rising cost of food, our buyers and the manufacturers and vendors that sell groceries in the commissary system have done a great job in maintaining outstanding customer savings over commercial grocery stores," Nixon said. "It all adds up to savings that can be used by military

families to meet the rising costs of college, vacations, new cars or even gas for their cars."

Under the latest calculations, couples can save \$1,885, and singles can save \$1,029 by shopping regularly at their commissary.

DeCA's average savings calculations are based on an annual

price comparison study that compares commissary prices on about 30,000 items with those of local supermarkets, major grocery store chains and supercenters. The study also takes into account state taxes and the 5 percent commissary surcharge, which goes to renovate commissaries and build new ones.

Figures for fresh meat and produce, as well as data for locations outside the contiguous United States, are obtained through random sampling. Weighting techniques take into account such factors as cost of living in a variety of areas and regions, as well as customer buying habits.

The commissary benefit also offers an efficient return on investment for the American taxpayer. "The commissary benefit has always been recognized as one of the military's most valued benefits," Nixon said. "When you take customer savings into account, commissaries deliver more than \$2 in benefit to military customers for every tax dollar expended to support the system, and we're extremely proud of that accomplishment."

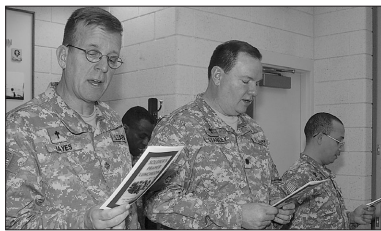
Soldiers practice spiritual fitness for lunch

By Pvt. Andrea E. Merritt
DISCOM

Senior leaders, officers, non-commissioned officers and lower enlisted Soldiers on Fort Riley broke bread together during the Soldier's Prayer Luncheon Dec. 11 at the Devil's Den dining facility.

"Sometimes we forget how important it is to have spiritual readiness, and us coming here together as a group is doing that," said Col. Norbert Jocz, the 3rd Brigade commander.

The guest speaker for the event was Col. Alvin Moore III, the Forces Command chaplain. In his introduction, Lt. Col. Brent Causey, the 1st Infantry Division chaplain, described Moore as a "man of God, who loves Soldiers."



Soldiers stand to sing along to "America the Beautiful" during the Soldier's Prayer Luncheon Dec. 11 at the Devil's Den dining facility.

"There is no machinery more important than the heart and spirit of a Soldier," Moore said. "We

must prepare them physically ... and we need to prepare them spiritually."

After prayer and songs, Moore delivered a message to the Soldiers to encourage them to have faith during the storms life may bring.

When Moore finished his message, Causey presented him a T-shirt and "Big Red One" football signed by all the chaplains who attended the luncheon.

It was a fitting gift for the colonel, who was a Soldier on Fort Riley in 1982.

The luncheon was absolutely successful, Causey said. It was a very big effort and a lot of people from the Unit Ministry Team, 1st Inf. Div., and 3rd Brigade, 1st Armored Division, participated.

"It would be good to have the whole post attend," added Causey. "Others could use encouragement."

Readiness

continued from page 11

"Whatever the outcome," he said, "it is still a tragedy."

Intervention, Jackson continued, often comes too late.

"We usually get involved when we get tired of hearing the hollering. We usually don't call the MPs until (domestic violence) inconveniences us," he said.

Army leaders, he suggested, need to show their concern for the domestic well-being of their Soldiers with action, an appropriate response.

"Just what that appropriate response is depends on the situation going on with the couple," Jackson said.

And getting to know the situation, he said, can sometimes be a simple process.

"Just by asking a Soldier how things are at home could be the key," he said. "If you don't know what to do, then call Family Advocacy."

Jackson also urged leaders to

hold offending Soldiers accountable for their actions.

"We have to be proactive to try to prevent (family violence), and then we have to give the offenders what they deserve," he said."

Puppies

continued from page 12

there.

I was haunted just the same, suddenly noticing every cat in the neighborhood, cat prints on my car at night and cats in my trash can. It was all eerie, really.

So I kept thinking I needed to go back and at least do something for the poor thing, but I also secretly felt how odd the compulsion was to go and pick up dead animals! No, better just to call animal control. They'll pick it up and I'll feel all better knowing that some kid doesn't see it. I'm sure they get calls like this all the time. Or at least something like this.

...

So I made the decision to call after a couple days had passed, and after I had cleaned underneath my car and bumper and rear bumper and tailpipe and windshield and...well you get the point.

When I finally called, it went a little something like this:

"Hello, animal control."

"Hi, oh, I need to call you because I hit, er, I saw this cat running. I mean I guess I ran it over."

No wait, that's not quite right, this is already not coming out right. How do you say something like this to a perfect stranger. I

feel like I'm in confessional or something here. I ran this poor cat over on the highway....

"Ma'am, I can't hear you. Did you say you killed a cat?"

At that moment the phone battery died, so I switched to one with a better battery and redialed.

"Hello, animal control."

"Wait, did you just call here and hang up?"

"Hi, uh, yeah, phone battery died. Sorry about that. Anyway, I'm a little embarrassed. I hit this poor cat on the road, and I uh...."

Right here is where I should have realized she had caller ID, but being blonde and having had this kind of week, besides just plain being a little loopy, I didn't.

Which was unfortunate as it turns out.

"Is it dead?"

"No, the phone is fine now, can you hear me OK? Oh, you mean the cat! Oh, yes, sorry to say. Quite dead. I mean I'm pretty sure it was dead. I ran over it with the car. I have this low to the ground Mirage and...."

Because very often when you hit a cat you might think it is dead but it is actually terribly injured and just knocked out.

Then, if it can even move, it wanders around disoriented for a while before it dies of fatal injuries and internal bleeding."

Oh, God, this already isn't going well and I'm starting to feel really ill.

"I uh, no, I'm sure it's dead. It was two days ago."

"You killed this cat two days ago, and you are just now calling?"

"Yeah, I know, I didn't call right away, I'm sorry about that. I meant to, but I only just now had a chance to use the phone. I'm pretty sure it's dead, ma'am."

"So you just left it there. Mmmmmmm. I see. So it could possibly have just been knocked out then. And where exactly did this 'terrible accident' happen?"

"It was, uh, you really think it could have been still alive? I'm sure it wasn't."

"Uh huh, (just love 'em to death don't you ma'am. I get the picture. Completely.) There may be some costs involved in picking up the body. Now, what is your name and phone number ma'am?"

...

This is about where my mind lost contact with my mouth.

"All right lady, you listen to me now. This cat is D-E-A-D. Go pick him up and give him a ride to the pet cemetery or incinerator or

whatever you people do with them. But don't you dare give me any more lip and try to make me feel bad. Just who do you think you are anyway?"

In retrospect, this is where I should have hung up, if not long before, because she replied:

"I may not know who I am, ma'am, but my caller ID says you live at Fort Riley, Kan., and your name is Carolyn Burch-Menzies. And just so you know, I will get out my shovel ASAP, ma'am. And let me just say, thanks so much for the enlightening call."

And she hung up the phone tartly.

Time stood still for about three minutes while I sat staring at the phone contemplating how stupid that was. There's a perfectly good reason why I generally keep my mouth shut when I'm mad.

So, in an effort to re-establish good karma, and also because I really did feel badly about the cat, (not to mention that I am a glutton for punishment) I went to the shelter (a different one, obviously) and adopted a dog. And a spare for good measure.

Now I just need to teach them to sleep on the floor when my husband gets home.





Classifieds





Focusing on diabetes education

IACH team encourages practicing ABCs

By Cindy Saltee
IACH

Maj. Wayne Darsow and the diabetes team at Irwin Army Community Hospital would like to remind diabetic patients about the importance of screening labs and basic goals for good diabetic management.

Classes held monthly

The next diabetes education class will be Jan. 25. The monthly diabetes class is held the fourth Thursday of each month. It is primarily focused on the newly diagnosed diabetic patient but is open to any diabetic patient or family member seeking information on diabetes.

Appointments can be made by calling 785-239-DOCS (3627) or (888) 239-DOCS (3627).

Some diabetic lab testing



FOR YOUR HEALTH

needs to be done on a yearly basis, at a minimum. Patients who have not had one of these labs in the past year should call Sonja Risetter at 239-7185 or call 785-239-DOCS (3627) or (888) 239-DOCS (3627) to schedule an appointment with their primary care manager so the labs can be updated.

Labs include:

Lipid Panel, which includes LDL (bad cholesterol)

A1C (a basic marker of glucose control over the past three months)

Urine Microalbumin – three samples (to look for early signs

of kidney problems).

Putting ABCs to work

Irwin Army Community Hospital's diabetes team encourages patients to focus on basic diabetes goals using the ABCs:

A – A1C below 7, as recommended by the ADA (American Diabetes Association)

B – Blood pressure below 130/80

C – LDL (bad cholesterol) below 100

Diet, exercise and medication are all important tools in managing diabetes.



Courtesy photo

First Lt. Edward Ziembinski hands a box to Wellington FFA Chapter President Kyle Castaneda to be loaded into a horse trailer and eventually sent on to 1st Bn., 16th Inf. Soldiers deployed to the Horn of Africa and Iraq.

FFA

continued from page 11

"We feel that they do so much for us everyday and we should do something important for the Soldiers," she said.

The battalion's rear detachment was eager to work with the group to help deliver some holiday cheer to its deployed companies, said 1st Lt. Edward Ziembinski, rear detachment commander. The battalion currently has approximately 485 Soldiers in three separate

companies deployed. Company A has been in the Horn of Africa since March, and Companies B and C left for Iraq in September.

"I've watched as these FFA members have been collecting items for our Soldiers over the last three months," Ziembinski said. "I'm impressed by their compassion for our Soldiers serving in Iraq and Africa."

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Classifieds





Travel & Fun in Kansas

Page 18

Home of the Big Red One

Thursday, January 11, 2007

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Jan. 11 - Deja Vu, PG-13, 126 min.
Jan. 12 - Casino Royale, PG, 91 min.
Jan. 13 - Unaccompanied Minors, PG, 89 min.
Jan. 13 - JackAss Number Two, R, 92 min.
Jan. 14 - The Holiday, PG-13, 132 min.

For more information, call 239-9574.

ITR helps plan get-aways

The Information, Ticketing and Registration office in Building 6918 at Fort Riley has lots of travel information, and the staff can help set up brief trips and longer vacations.

Here's a sampling of what ITR has to offer:

Rolling Hills Zoo - Located amidst the rolling hills of western Saline County, this section of Kansas prairie has been transformed into a beautifully landscaped zoological park. More than 85 species of animals are on exhibit. Discount tickets are now available through ITR.

Silver Dollar City - Childhood dreams come to life at Silver Dollar City with adventures beyond your wildest imagination. Buy your adult ticket and get a child's ticket free. Let ITR put together a weekend get-away to Branson, Mo. Numerous discounted show tickets and hotel accommodations.

Manhattan:

What: Pleasures: Kansas Printmakers and The Teapot Show

When: Now to Jan. 13, 2007
Where: 406 Poyntz Ave., Strecker-Nelson Gallery
Phone: (785) 537-2099

Web site: www.strecker-nelsongallery.com

What: Vanguard Jazz Orchestra
When: 7:30 p.m. Feb. 3
Where: McCain Auditorium, Kansas State University
Tickets: Public \$31-\$35, students and children \$15.50 to \$17.50, military, seniors and faculty \$29 to \$33.
Phone: (785) 532-6428
Web site: www.ksu.edu/mccain

What: "The Barber of Seville" with Orchestra
When: 7:30 p.m. Feb. 9
Where: McCain Auditorium, Kansas State University
Tickets: Public \$36-\$40, students and children \$18 to \$20, military, seniors and faculty \$34 to \$38.
Phone: (785) 532-6428
Web site: www.ksu.edu/mccain

What: "Dark at the Top of the Stairs." Drama stage production by William Inge
When: Feb. 8-10 and 14-17
Where: Nichols Theatre, Kansas State University
Tickets: \$8 to \$15
Phone: (785) 532-6428
Web site: www.ksu.edu/sctd

What: "Man of La Mancha"
When: 7:30 p.m. Feb. 14
Where: McCain Auditorium, Kansas State University
Tickets: Public \$36-\$40, students and children \$18 to \$20, military, seniors and faculty \$34 to \$38.
Phone: (785) 532-6428
Web site: www.ksu.edu/mccain

Topeka:

What: Piecing It Together: Selected Quilts from the Kansas Museum of History
When: Now to Feb. 18, 2007
Where: 6425 SW 6th Ave., Kansas Museum of History
Phone: (785) 272-8681
Web site: www.kshs.org

Series to open at MAC

Manhattan Arts Center

MANHATTAN, Kan. - The Manhattan Arts Center spring 2007 BirdHouse acoustic music series will open with Darcie Deaville at 8 p.m. Jan. 12.

Simply put, the Darcie Deaville trio is a tour-de-force. Darcie blends years of experience with a youthful exuberance that leaves audiences searching for the jaw they dropped while watching and listening to her perform. She's equally at home with the mandolin, octave mandolin and other stringed instruments. Straight up, Darcie Deaville is a musical powerhouse.

Tickets for the performance can be purchased at the Manhattan Arts Center, The Dusty Bookshelf in Aggieville, Clafin Books & Copies, at the door, by phone at (785) 537-4420 or online at www.manhattanarts.org.

Tickets cost \$16 for adults, \$14 for military and \$13 for students. The Manhattan Arts Center box office at 1520 Poyntz Ave. is open from 10 a.m. to 5 p.m. Monday through Friday.

HOUSE FILL
AD

Celebrate Kansas!

Special to the Post

"Celebrate Kansas!" is a free public open house to be enjoyed by all who visit the Kaw Mission State Historic Site on Kansas Day, Jan. 29, between the hours of 10 a.m. and 5 p.m.

Guests will be greeted and served refreshments by Friends of Kaw Heritage members dressed in period clothing. Live music will be provided by Jeremiah Hershberger on the accordion and Charlie Laughridge on fiddle. They will play patriotic songs with a distinctive Kansas flavor.

Several Historic Kansans portrayed by FKH members resplendent in costume and character will be dropping by the Mission periodically throughout the day to join in the celebration and discuss topics of the day with guests.

The day's festivities will feature "Yesterday's Creations - Today's Treasures," a unique quilt show featuring hand-stitched quilts that were brought to Kansas by early settlers during the time Territorial Kansas was blossoming into the state of Kansas.

Twelve heritage quilts will be on display in the Mission Education Center from 10 a.m. to 5

More info

For information, contact the Kaw Mission at (620) 767-5410, kawmission@kshs.org or visit www.kawmission.org on the Web.

p.m. The quilts, dating from 1831 to 1895, are part of a private collection, mostly of family related origin, owned by Helen Ericson of Emporia, Kan.

Ericson enjoys a long and illustrious history with the art of quilting. Honored with the title of "Master Folk Artist" by the Kansas State Historical Society in 1984 through a program sponsored by the National Endowment for the Arts, Ericson taught 10 apprentices who have gone on to make quilts, teach and promote quilt history and quilt making.

"Yesterday's Creations - Today's Treasures" is just one of many intriguing quilt shows Ericson has produced. During the local 1985 city festival, Wab Shun Gah Days, she showed quilts in a tent on the Kaw Mission lawn. In 1996, Ericson masterminded and executed a quilt show at the Kaw Mission as a feature of the Santa Fe Trail 175th birthday celebration.

Ericson welcomes guests to bring quilts to the upcoming show for her to date and identify patterns.

The Kaw Mission is located at 500 N. Mission, Council Grove, Kan.

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